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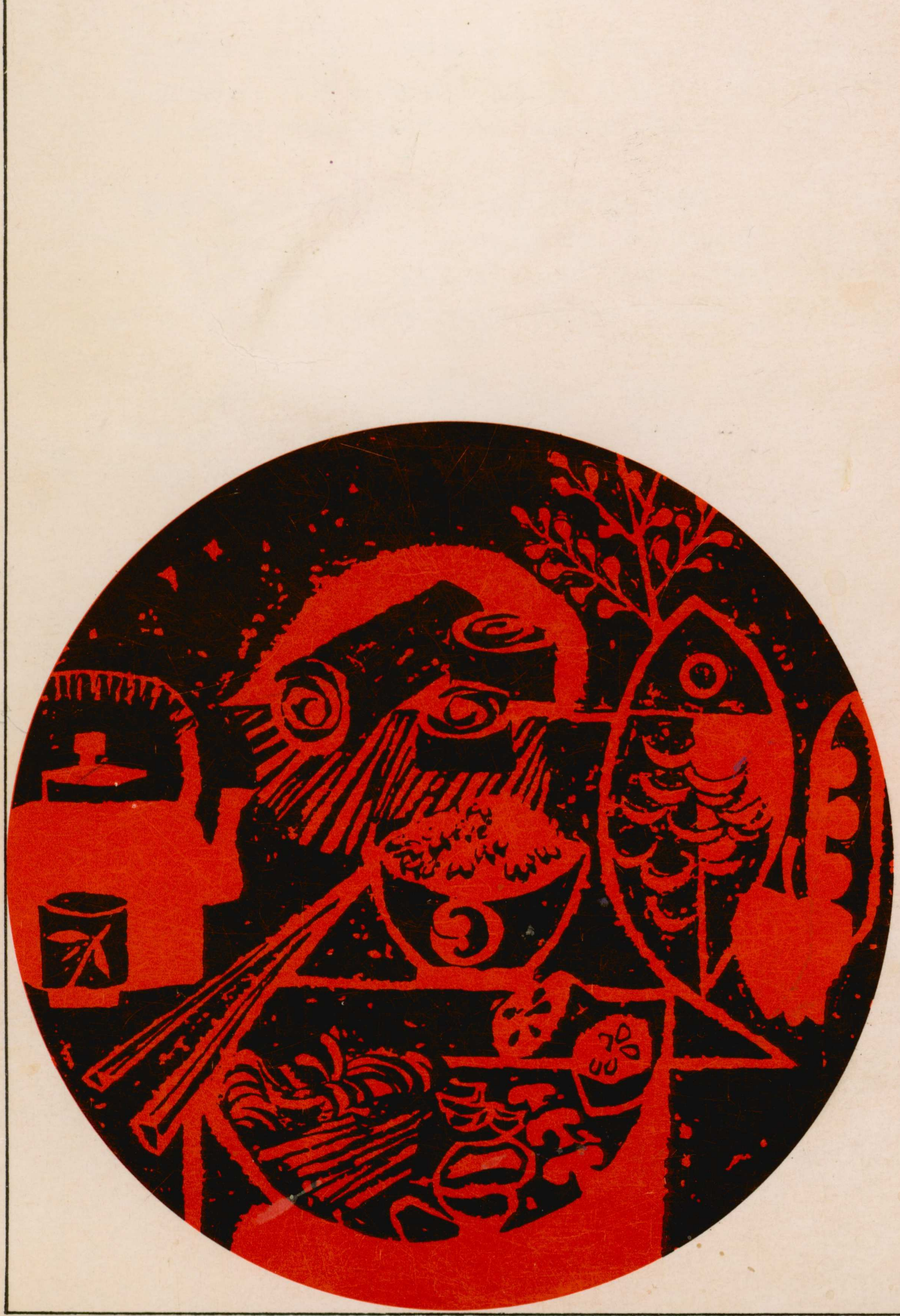

DISHES OF THE ORIENT

Jaya Utsunomiya

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P R E F A C E

"Dishes of the Orient" has been compiled and is dedicated to the Niseis and Sanseis in an effort to preserve a part of the Oriental culture which is inherit in their upbringing and for the enrichment of Canadian culture.

"Dishes of the Orient" will add variety and in some cases spice to the diet of our Occidental friends.

We gratefully acknowledge the receipes contributed by our members without whose efforts and contributions the publication of this book would not have been possible.

Proceeds raised from the sale of this book will be used for building funds for addition to Church.

Published April 1967

MAYA CLUB

Manitoba Buddhist Church

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CHICKEN

CHICKEN SUKIYAKI

2½ - 3 lbs. chicken
3 tbsp. shortening
1 large onion sliced
1 can bamboo shoots, sliced
½ cup sugar
3/4 cup soya sauce
3/4 cup hot water and mushroom liquid
1 can mushrooms, drained
½ to 1 lb. bean sprouts
5 green onions, cut up
1 tofu (soybean curd)

Cut chicken from bones and fry in hot shortening. Add onion and bamboo shoots. Add 3 tbsp. sugar, ¼ cup soy sauce and ½ cup liquid. Boil gently for five minutes. Add mushrooms, bean sprouts and green onions. Continue to cook adding remaining sugar, soy sauce and liquid, a little at a time. Add tofu and allow to cook a few minutes. Makes 6 servings. (This receipe is enough for 2 or 3 separate cookings).

CHICKEN SUGAI

12 tomatoes (fresh)
1 cup sugar
3 tbsp. cornstarch
1 tbsp. salt
1 small clove garlic
1 spring chicken

Blanch tomatoes and remove skin. Strain. Add sugar, cornstarch, salt and garlic to tomatoes and cook well. Cut chicken into small pieces, sprinkle lightly with salt and deep fry in mazola oil. Arrange on a deep platter and pour the sauce over and serve, or the chicken may be mixed thoroughly in the sauce and then served.

CHICKEN AND CAULIFLOWER

1 young fryer
1 cauliflower, medium head
1 or 2 cans button mushrooms
1 onion, medium
¼ cup green peas or 6 green beans
½ tsp. salt
2 tbsp. soya sauce
1 tsp. sugar
5 tbsp. salad oil
1 small piece grated ginger
1 tbsp. cornstarch
½ tsp. accent

Wash the chicken well, drain. Chop into bite size pieces, bone and all. Sprinkle the grated ginger over the chicken pieces. Cut the cauliflower or separate by the stems. Cook the cauliflower and string beans, cut in 1" lengths, in boiling water for three minutes. Drain well.

Slice the onion into large pieces. Add about 3 tbsp. oil in a large frying pan and heat. Cook the chicken until slightly brown and take it out from the pan. Pour the remaining oil and cook the mushrooms and onion. Then add the chicken, cauliflower and beans followed by salt, sugar and soya sauce. Lower heat and add cornstarch mixed with a little water.

CHINESE CHICKEN WITH PINEAPPLE

2 breasts of chicken
1 thigh of chicken
1 - 20 oz. can pineapple chunks
2 tbsp. fat
3/4 cup sliced celery
1 tbsp. soy sauce
2 tbsp. cornstarch
2 peeled ripe tomatoes quartered (optional)
¼ cup water
1 sliced green pepper

Strip meat from bones, discarding skin, and cut up. Brown chicken in hot fat, add celery, soy sauce and pineapple syrup. Cover and simmer 10 minutes. Add mixture of cornstarch and water to the chicken and stir till thick. Then add pineapple, green pepper and tomatoes if desired and simmer for 10 minutes longer, covered.

CHICKEN (cooked Chinese style)

(2 fryers - 3 to 3½ lbs. each)

½ cup water
4 pieces lequish
2 pieces dry orange peel
3 tsp. bean sauce
1 garlic

Bring to boil and simmer 5 - 10 minutes. Add 1 tsp. salt and ½ tsp. sugar.

Cook chicken at 350 degrees 1 to 1½ hours. Baste with above sauce.

CHOP SUEY CHICKEN

1 chicken
3 stalks celery
1 doz. water chestnuts
1 doz. white mushrooms
4 tbsp. Chinese sauce
1 cup bamboo shoots
1 stalk sweet squash
1 cup soup stock (made from skin, bones, gizzard, liver & heart)
Cornstarch, salt and pepper

Clean chicken, strip the meat from the bones, discarding skin and gristle. Cut meat into small pieces and fry in hot, oiled (peanut oil) skillet, until browned, then add finely cut celery, water chestnuts, bamboo shoots, sweet squash and soup stock. Cook for 10 minutes, then add washed and halved mushrooms and Chinese sauce. Simmer 10 minutes. Add mixture of cornstarch and bit of water and simmer for few minutes longer. Add salt and pepper to taste.

SHANGHAI FRICASAE CHICKEN

Clean and disjoint a chicken. Sprinkle on pepper and salt, dip in Chinese sauce, then roll in flour. Fry in skillet, greased with peanut oil, til browned. Remove to saucepan and cover with boiling water. Cover and cook slowly till half done; add salt, pepper and 2 tbsp. Chinese sauce. Remove chicken when tender and serve with chopped parsley.

HONGKONG FRIED CHICKEN

1 chicken
3 tbsp. Chinese sauce
2 tbsp. peanut oil
Dash pepper and sugar
1 piece crushed garlic
1 piece ginger

Clean and cut chicken in half lengthwise. Mix above ingredients and rub over chicken. Refrigerate 10 hours.

2 cups soup stock (or water)
1 cup water
2 tbsp. flour
½ can white mushrooms
½ can pimento
1 onion

Grease skillet with peanut oil, when hot add chicken. Slowly cook for 20 minutes, then add soup stock (or water) and cook 5 minutes longer. Remove chicken. Add water and flour to skillet for gravy. Chop mushrooms, pimento and onion and add to above. Simmer for 10 minutes and serve over chicken.

FRIED CHICKEN (Oriental style)

1 chicken, 2 - 3 lb. dressed, cut in half
1 small onion or 4 slices ginger root
1 tsp. salt
1 egg beaten with fork
Cornstarch or flour

Sauce
¼ tsp. sugar
2 tsp. cornstarch
½ cup soya sauce.

Rub salt all over chicken. With ginger or onion,

rub sauce all over chicken. Marinate for at least 3 hours. Drain off excess sauce. Dip into beaten egg, roll in cornstarch or flour. Deep fry in temperature of 375 degrees seven minutes. Drain, sprinkle with salt and serve.

CHICKEN TERI-YAKI

Cut chicken with bone into about 1½" pieces. Marinate chicken in: -

1 cup soya sauce
½ cup Sake
Grated fresh ginger (strained)
Accent
2 tbsp. sugar

approximately 3 hours. Bake at 400 degrees 30 minutes basting every 10 minutes.

BAKED CHICKEN ORIENTAL

6 chicken breasts
6 chicken drumsticks
½ cup sifted all purpose flour
1 tsp. salt
1/8 tsp. pepper
½ cup butter
¼ cup honey
¼ cup lemon juice
1 tbsp. soya sauce

Wash chicken pieces, drain. Pat dry. Combine flour, salt, pepper in bag. Add chicken pieces, a few at a time, coating well.

Preheat oven to 350 degrees. Melt 4 tbsp. butter in 13" x 9" x 2" utility dish. Roll chicken pieces one at a time on melted butter, to coat

all over. Place skin side down in dish. Bake one hour. Melt remaining butter, add honey, lemon juice and soya sauce. Turn chicken. Pour on sauce. Bake 45 minutes longer, basting every 15 minutes with sauce in pan.

DEEP FRY CHICKEN

3 lb. chicken wings
1/3 cup whisky
1/3 cup soya sauce
½ tsp. ginger grated
1 clove garlic (cut up)

Press down flesh of wings and remove smaller bone. Pour sauce over chicken and soak overnight.

Batter:

¼ cup cornstarch
3/4 cup flour
1 egg
2/3 cup beer - approximately

Combine above ingredients to make batter. Dip chicken wings in batter and fry in oil at temperature of 350 degrees to 375 degrees until golden brown. Let drip on paper towel.

EGG

EGG FOO YONG Cooking time - 20 mins.

6 eggs well beaten
1 can bean sprouts, well drained
1 cup chopped veal, pork, beef, chicken, shrimp, lobster or crab meat
1 small onion chopped
½ tsp. salt
1/8 tsp. pepper

Combine eggs, bean sprouts, meat or sea food, onion, salt and pepper. Mix together lightly. Melt 1 tsp. butter in a 6 inch skillet; pour ½ cup of mixture into skillet. Cook until set and brown on edges, turn and brown other side. Place on hot plate and keep covered until all are cooked. Serve with cooked rice, each serving covered with three tbsp. Chinese Brown Gravy.

CHINESE BROWN GRAVY

6 tbsp. dripping from roast beef, ham or chicken
6 tbsp. flour
2 tbsp. soya sauce
1 tsp. brown gravy sauce
1 tsp. salt
Dash pepper
½ cup cold water
1½ cups hot water

Melt fat, blend in flour. Add sauce, seasonings and cold water. Mix thoroughly. Stir in hot water. Cook until smooth and thickened, stirring constantly. Serve with Egg Foo Yong, cooked or fried rice, potatoes, egg noodles, chops, roast beef.

EGG FOO YONG

1 cup shredded chicken or turkey
2 tbsp. butter or margarine
1 cup canned bean sprouts (drained and save juice or use 2 cups fresh bean sprouts).
½ cup chopped green onions
½ cup finely chopped celery
1 tbsp. chopped green pepper or parsley
½ tsp. salt
1 tbsp. soya sauce
½ tsp. accent
4 eggs slightly beaten
Salad oil for frying

Brown chicken lightly in butter. Add bean sprouts, onion, celery and green pepper. Cover and cook about 5 minutes. Cool slightly, add salt and soya sauce to eggs. Beat well. Combine cooled vegetables and meat to the egg mixture and mix. Spoon into moderately hot oiled pan. Cook about 4 minutes on each side.

<u>Sauce</u>:

1 tbsp. cornstarch
1 tsp. sugar
1 cup juice from canned bean sprouts
½ tsp. accent
1 tbsp. soya sauce

Blend cornstarch, sugar and juice. Cook, stirring constantly until clear and thick. Add accent and soya sauce. Serve hot over Egg Foo Yong.

EGG - MAKI (3 egg rolls)

12 eggs
2 tbsp. sugar
1 tsp. salt
½ tsp. accent

Mix above with fork (never with beater). Heat electric frying pan to approximately 200 degrees and line with small amount of Mazola Oil. Pour the above mixture into pan so that it is a very thin layer. Watch closely and before top is fully cooked roll up very quickly. Leave in pan for about 1 minute so that it is fully cooked. When cool slice diagonally and serve.

STEAMED EGG ROLL

1 lb. ground beef
1 egg
½ cup catsup
½ cup milk
½ tsp. sake or mirin
garlic freshly chopped
½ tsp. sugar
1 tsp. accent
1 tsp. salt

Combine above ingredients. Spread ¼" thick on sheet of fried egg and roll up like jelly roll. Steam wrapped in tea towel for 15 to 20 mins.

Receipe for one egg roll:

2 eggs
pinch salt
½ tsp. sugar
drop yellow food colour
pinch accent.

FISH/SEA FOOD

JAPANESE FISH BALLS

1½ lbs. fish fillets
¼ lb. fat pork or bacon
1 cup canned water chestnuts, bamboo shoots or bean sprouts
1 tbsp. preserved ginger
1 cup blanched almonds (optional)
2 tbsp. soy sauce
2 tbsp. cornstarch
1 tbsp. vegetable oil (sesame)

Sweet and Sour Sauce:

3/4 cup canned pineapple juice
½ cup vinegar
1 tbsp. soy sauce
½ cup water
3 tbsp. cornstarch
½ cup sugar
1/3 cup chopped green onion
1/3 cup stripped green pepper
1/3 cup canned pineapple chunks, well drained

METHOD

Grind fish in food grinder or blender or "Double chop" it with two knives very fine. Grind pork and add to fish. Coarsely chop the chestnuts or bamboo shoots or bean sprouts. Finely chop the ginger and almonds. Add chestnuts, ginger and almonds to fish.
Blend in soy sauce, cornstarch and oil. Shape into flat little cakes or 1" balls. Fry in deep fat heated to 375 degrees until golden brown - about 3 minutes, or fry in a shallow amount of oil in frypan until golden brown on all sides. Serve hot with Sweet and Sour Sauce.

TO MAKE SAUCE:

In a saucepan combine juice, vinegar, soy sauce and half the water. Heat to boiling point. Blend cornstarch and sugar with remaining water. Stir into sauce and cook-stir till sauce is clear and thickened. Just before serving, add vegetables and pineapple. Keep sauce warm on low heat so' vegetables don't cook.

FISH IN FOIL

Choose fish fillets of your preference, salt and pepper to taste with a piece of butter. Wrap in tin foil. Steam for 25-30 minutes in 450 degrees oven.

Serve with sauce.

<u>Sauce</u>:

¼ cup soya sauce
½ cup vinegar
½ cup sugar
½ cup water
2 tbsp. flour
½ tsp. powdered ginger (more according to taste)

Mix together, cook over medium heat until thickened. Pour over fish. Garnish with parsley and chopped green onions.

SATSUMA-AGE

2½ lbs. fish fillets
3 tbsp. cornstarch
1 large or 2 small eggs
½ cup water or soup stock
½ cup sugar
2 tbsp. salt
2 tsp. accent
½ cup vegetables, such as slivered gobo, carrots and green onions
pinch garlic salt

Grind fish fillets in food chopper. Place fish in suri-bachi or mixmaster and grind again until finely textured.

Add cornstarch, egg and water or soup stock while grinding. Add sugar and grind again. Finally add salt and accent and grind till it is smoothly textured. Mix in vegetables. Deep fry in oil about 10 minutes each side at 360 degrees. Absorb excess fat in table napkins or paper towelling.

SALMON FUJI MATSU

4 pieces salmon steaks
½ cup soy sauce
¼ cup white sugar
pinch accent
½ tsp. ground or grated ginger

Oil broiler pan and place fish in pan without rack. Cook 20 minutes in a moderate to hot oven. Combine rest of ingredients and cook 5 minutes until sauce is syrupy. Pour over fish and return to oven and bake until sauce is reduced to a thick syrup. 4 servings.

SALMON OR MACKEREL TERIYAKI

1½ to 2 lbs. salmon (cut into serving pieces)
1 cup soya sauce
1/3 cup sugar
¼ cup white wine (optional)
accent
Chopped fresh ginger (or powdered ginger)

Mix together in a bowl large enough to contain all the salmon pieces. Place the salmon in the sauce and marinate in the refrigerator overnight, turning the pieces at least once.
Bake in a hot oven (400 degrees) for 30 to 40 minutes.

OBORO

1 can Chicken Haddie
1 tsp. salt
5 heaping tsp. sugar
¼ tsp. accent
Food colouring (red or green)

Put chicken haddie in sieve and pour boiling water through. Then get a fine cloth and squeeze all the juice out of the chicken haddie. Put Chicken Haddie in a grease free frying pan over low heat and try to crumble all fish into fine flakes and take out bones or skin that may be in the fish. Add sugar, salt, accent and colouring and mix occasionally so it will not stick. If you want the Oboro to last for a long time make the Oboro very dry.

SHRIMP TEMPURA

Fresh or frozen shrimps (20 - 25 pcs. per lb.)

Batter: 1 1/8 cups all purpose flour
1 egg
1 cup ice cold water

Shell shrimps, leaving tail fins attached to flesh. Remove black veins. Slit intersection of shrimp diagonally to prevent excessive curling. Wash and dry thoroughly. Prepare batter by beating egg and water, then adding flour, and mixing very slightly. Two or three stirs should be enough. (The batter may be lumpy).

* The secret of good tempura is the batter, and the secret of good batter is to avoid overmixing. An overmixed batter will result in heavy crusty tempura.

Fill deep saucepan 3/4 full of cooking oil and heat until very hot. To test oil for proper temperature, drop a little batter in the hot oil. If the batter scatters, the oil is ready. Flour the shrimp one by one, dip it in batter and then drop into hot oil. As soon as the shrimp floats it is cooked.

<u>Sauce for Tempura:</u>

¼ cup soya sauce
½ cup hot dashi (broth)
2 tsp. sugar
pinch accent
grated Japanese white radish
grated fresh ginger

When serving tempura, put hot sauce in individual dish. Add grated white radish and ginger and dip hot tempura into it.

TEMPURA BATTER (Westernized quick version)

1 cup and 2 tbsp. flour
4 tsp. baking powder
2 tsp. sugar
3/4 tsp. salt
1 tsp. accent
½ cup ice water (or more if too thick)
1 egg

VEGETABLES WITH FRESH SHRIMPS

½ lb. shrimps, cleaned and cut in ½
½ round onion, cut into quarters
½ cup string beans, 2" pieces
¼ cup celery, 2" pieces
¼ cup bamboo shoots, sliced
1 can mushrooms

<u>Sauce for shrimps</u>:

¼ tsp. salt
¼ tsp. cornstarch
2 tsp. soy sauce
½ tsp. oil

<u>Gravy:</u>

¼ tsp. salt
1 tsp. cornstarch
1 tsp. sugar
2 tsp. soy sauce
¼ cup water

Marinate shrimps in sauce for 10 minutes.
Pan fry gently. Remove. Pan fry vegetables.
Add gravy and cook until vegetables are done.
Add shrimps, mix well and serve.

SWEET AND SOUR FISH

1 medium Pickerel or White Fish

Scale, wash and clean fish and put diagonal slashes in fish. Salt and flour fish and brush with vegetable oil. Bake in 400 degrees oven for approximately 30 to 35 minutes.

<u>Sauce:</u>

½ cup sugar
Juice of one lemon
½ cup catsup
½ cup pineapple juice (or sweet pickle juice)
½ tsp. accent
2 tbsp. fresh ginger cut into tiny match stick pieces
1 tbsp. lemon peel slivers

Cook above sauce for about 15 minutes, garnish fish with tomato wedges and pour sauce on top and serve.

PORK / BEEF

CHASHU (Barbecued Pork)

Pork tenderloin
Hoi Sin sauce
½ cup soya sauce
1 tbsp. sugar
1 clove garlic finely minced

Rub tenderloin with Hoi Sin Sauce. Marinate with soya sauce, sugar and garlic 4 - 5 hours.

Bake in moderate oven 35 - 40 minutes. Drop red food colouring on tenderloin 5 to 10 minutes before removing from oven. Serve cold.

TERIYAKI STEAK

3 lbs. beef steak
½ cup soya sauce
2 tbsp. sugar
1 clove garlic
1 small piece ginger root, crushed.

Slice meat thinly across the grain. Combine rest of ingredients and soak meat in this sauce for 30 minutes. Drain. Place meat on rack and broil from 5 to 10 minutes or until browned. Turn and brown on the other side. Serve immediately with rice and vegetables. 6 servings.

SUKIYAKI

1½ lbs. top sirloin steak in bacon-thin slices 4" long
2 or 3 large pieces beef suet
½ lb. green onion cut 1" long
½ lb. fresh spinach cut 2" long
1/5 lb. carrot cut ¼" thick and 1" long
1/5 lb. fresh or canned mushrooms sliced 1/8" thick
5 eggs, if desired

Sukiyaki Sauce:

1 cup soya sauce
1 piece 9" square tangle
3/4 cup granulated sugar
3 cups water

Put ripped tangle and water in pot and heat to boil. Pour broth into container. Set portable cook-stove, gas or electric, and skillet (preferably without handle) on table. Heat skillet, oil it thoroughly with beef suet. Then place meat in it, one by one, so as not to lay one slice on top of another. Cook until meat juice starts oozing out, then overturn meat. On meat sprinkle with sugar, pour soya sauce and tangle broth, in this order, according to your taste. When meat is done, put vegetables on it. Eat from skillet as they are cooked. It is recommendable to dip cooked meat and vegetables into well-beaten egg and eat. Before skillet becomes entirely empty, add more meat and vegetables, and if necessary, tangle broth with sugar and soya sauce. Don't let them stick to bottom of skillet. Makes 5 servings.

FLANK STEAK TERIYAKI

Flanks of choice or prime beef are best for this dish. One flank will serve 3 to 4 persons. For 3 flanks prepare the following marinade:

1 cup of soya sauce
1 cup sherry
½ cup peanut oil
3 cloves garlic minced
1/3 cup grated fresh ginger

Blend all ingredients and marinate the steaks in the mixture for several hours, turning them occasionally. To grill: broil over brisk coals, allowing 3 to 4 minutes per side for rare, 5 minutes for medium.

STRING BEANS WITH BEEF

3/4 lb. string beans, cut into 2" pieces
½ round onion sliced
¼ lb. beef, thinly sliced ½" x 2"

<u>Sauce:</u>

¼ tsp. salt
½ tsp. sugar
1 tsp. soya sauce
½ tsp. peanut oil

<u>Gravy:</u>

3/4 tsp. salt
2 tsp. sugar
1 tsp. cornstarch
2 tsp. soya sauce
¼ cup water

Marinate beef with sauce 5 - 10 minutes.

Parboil string beans. Rinse in cold water, drain. Pan fry onions, add meat and fry gently 1 minute. Add beans and gravy. Mix well and fry gently for 2 minutes. Serve.

SU-BUTA (5 servings)

1 lb. pork
1 medium onion
1 carrot
1 tin bamboo sprouts (optional)
3 or 4 mushrooms

Cut pork into approximately 1" pieces and marinate in:

1 tbsp. soya sauce
1 tbsp. wine

Cut up vegetables and partially boil carrots. Coat pork with 3 tbsp. flour and fry over medium heat. Take out pork and pour 2 tbsp. fat in skillet and fry vegetables until partially cooked and add carrots.

Sauce:

4 tbsp. soya sauce
4 tbsp. vinegar
4 tbsp. sugar
4 tbsp. pineapple juice
1½ tbsp. cornstarch

Very quickly thicken with above gravy, add pork and pineapple tidbits or slices of apple.

EGG ROLL FILLINGS

½ tsp. sugar
1 tsp. salt
½ tsp. accent
3 tbsp. soya sauce
3 cups bean sprouts
2 cups celery - shredded
1 medium size onion shredded
3 tbsp. peanut oil/salad oil
1 cup water chestnuts - shredded
1 cup bamboo shoots - shredded
1 lb. lean pork minced or shredded
½ cup water - used for sealing rolls
½ cup dried or canned mushrooms - shredded
1 tbsp. cornstarch (1 tbsp. for sealing rolls)
1 tbsp. minced ginger OR
1 tsp. ginger powder.

Prepare all vegetables, saute meat and sauces. Do not overcook the vegetables. They must be crisp.

Spread 1½ tsp. of filling mixtures on each wrapper. Fold sides in and roll. Moisten edges with a mixture of cornstarch and water. Heat oil for deep frying and fry until rolls are light brown - drain. This receipe of filling makes 45 - 50 rolls. They may be stored in refrigerator.

NOTE: Other types of meats may be used, such as chicken, beef, ham, shrimps, crab meat and barbecue pork.

Egg roll wrappers may be obtained at stores specializing in Chinese Food.

CHOP SUEY

1 lb. pork cutlets
2 medium onions (sliced)
3 stalks celery (sliced)
½ green pepper (sliced)
¼ lb. mushrooms or 1 tin mushroom pieces
1 cup finely sliced cabbage
2 tbsp. oil

Saute mushrooms, onions, green pepper and celery in hot oil. Remove from pan and saute meat until brown. Put sautied vegetables and meat together and just cover with hot water, then make mixture of:

3 tbsp. soya sauce
1 tsp. sugar
1 tbsp. cornstarch

Add to vegetables and meat mixture and cook until thick and clear. Put cabbage on top, cover and cook for 8 minutes so cabbage is still crisp. Serve on rice.

BEEF WITH CHINESE GREENS

2 cups beef tenderloin cut 1 x 2" thin strips
3 cups Chinese greens, cut in 1½" strips
1 large onion, sliced in strips.
½ lb. fresh mushrooms sliced
1 clove garlic, chopped fine
½ cup water
3 tbsp. oil

Heat 2 tbsp. oil in frying pan until very hot. Add beef and fry 5 minutes, stirring and turning constantly. Remove beef. Heat 1 tbsp. oil, add garlic, then all other vegetables and ½ cup water. Cover and cook 10 minutes. Add beef and mix thoroughly with vegetables. Add sauce made as follows:

1 tbsp. soya sauce
1½ tsp. cornstarch
½ tsp. sugar
½ cup water

Mix altogether and pour over vegetables. Stir until thickened. Serve at once.

PORK CHOW MEIN

1 lb. pork
1 medium stalk celery
1 lb. bean sprouts
3 medium dry onions
1 can (10 oz.) mushrooms
½ lb. fried noodles
2 cloves garlic
2 tsp. sugar
2½ tsp. salt
1½ tsp. accent
2 eggs
2 green onions chopped

Wash vegetables and drain. Cut celery into thin matchstick lengths; halve onions and slice thin. Dice garlic very small. Slice mushrooms. Cut pork meat into thin strips. Heat large skillet. Fry meat with garlic; add ½ tsp. salt. Add celery, onions, bean sprouts and mushrooms. Mix well and add 2 tsp. salt, sugar and accent. When the vegetables begin to cook add the fried noodles. Turn the heat low and cook for a few minutes while mixing constantly. Garnish with eggs and green onions and serve.

* To prepare eggs for garnishing, beat eggs with fork. Add a drop of yellow food colour. Heat a lightly greased frying pan. Spread the egg very thin and fry. Cool and slice very thin in matchstick lengths.

MEIN (fried noodles for Chow Mein)

3 cups flour
½ cup cornstarch
1 egg
½ cup water
1 tsp. salt

Knead until smooth, roll out thin and cut fine. Deep fry until brown.

SMELT OSUSHI

1 lb. smelts (approx. 12 - 16 fish per lb.)
1½ tsp. salt

To prepare fish, cut off heads, place knife into belly from head and split open to tail. Clean. Cut off tail and slowly lift up the bone (from tail end) without tearing or damaging the flesh. (If fish is fresh, this should not happen.) Slowly push fish flat by pressing centre with fingers towards back of fish. Wash fillets and drain or pat dry very lightly. Lay fillets in bowl, sprinkling each layer with measured salt. Cover and leave overnight or approx. 10 - 12 hrs.
Drain off excess water, separate fillets and marinate with following mixture:

½ cup vinegar
¼ cup sugar
¼ tsp. accent

Leave one day in this mixture.
Cook 3 cups rice.

Mix together the following:

¼ cup vinegar
¼ tsp. accent
3 tbsp sugar
½ tsp. salt

Sprinkle above mixture slowly into rice. Form into small balls. (oval shaped snowballs) Cut fillets in half (head and tail halves) and place a piece on riceball. Hot mustard paste may be served separately or lightly spread on rice balls before placing fish fillets on.

Yield - 24 - 30 osushi balls.

SHRIMP FRIED RICE

3 tbsp. cooking oil
½ tsp. salt
2 eggs, slightly beaten
4 cups cooked rice
2 tbsp. soya sauce
3 green onions, sliced with tops
2 (4 to 5 oz.) cans small shrimps
drained and rinsed

Heat oil in a frypan and add salt and eggs. Stir quickly until eggs are cooked, then add rice, soya sauce and onions. Mix well, then lightly stir in the shrimp. Keep hot in a double boiler until serving time.

BUDGET TIP: Use 1 can of shrimps

AGE-SUSHI

1 doz. fresh age
3 cups rice

Pour boiling water over age, cut in half and open age. Cook in following solution for 30 minutes:

½ cup chicken stock
1 tsp. salt
2 tbsp. sugar
accent

When cool fill with rice mixed with following vinegar solution. *When mixing rice with vinegar solution avoid overmixing.

½ cup vinegar
½ cup sugar
1 tsp. salt
1 tsp. accent

SABA SUSHI

1 large Mackerel
3 cups rice

Vinegar solution for rice:

1 cup vinegar
½ cup sugar
1 tsp. accent
1 tsp. salt

Remove head from fish, wash, clean and remove center bone. Salt both sides of fish and let stand 2 to 3 hours in fridge. Wash salt off Mackerel and remove skin and soak in vinegar for about 2 hours.

Mix rice with vinegar solution. Shape rice into loaf the size of fish and lay rice on flesh side of fish. Roll in wet cloth and leave overnight. Cut into 1" pieces and serve.

SWEET & SOUR

GOLDEN DRAGON

2½ lbs. ground pork
3 Chinese sausages
Chinese mushrooms - 45¢
9 fresh water chestnuts
2 cloves garlic
1½ tsp. salt
2 tsp. accent
½ lb. side bacon (cut package into 3 pieces)

Grind in meat chopper sausages, Chinese mushrooms, (which have been soaked in water for sometime) and garlic. Pound the water chestnuts into the above (if water chestnuts are chopped in grinder it will lose the juice) & mix well with the ground pork. Season with accent, salt and soya sauce.

Form into balls (size of egg) & cover with bacon and hold in place with toothpicks.

* Do not squeeze too hard

Steam approximately 20 minutes.

<u>Tomato Sauce</u>:

½ cup tomato catsup
½ cup sugar
½ cup vinegar or sweet pickle juice
¼ cup water
Oyster sauce

Bring above solution to boil, thicken with cornstarch, flavour with accent, add few drops of Oyster sauce. Pour over Golden Dragon and garnish with strips of lemon rind and shredded green pepper.

SWEET & SOUR SPARERIBS

4 lbs. spareribs
½ cup sugar
3 tsp. salt
½ cup honey
3 tbsp. soy sauce
1 cup boiling water
1/3 cup salad oil
½ cup vinegar
1 cup pineapple juice
¼ tsp. powdered ginger
2 tbsp. cornstarch
¼ cup water
1 cup pineapple chunks
2 beef bouillon cubes

Purchase ribs cut in 1½" lengths. Place in shallow pan. Combine sugar, salt, honey, soy sauce, boiling water and bouillon cubes. Stir until cubes are dissolved. Let sauce get cold. Pour over ribs. Marinate in refrigerator 24 hrs. Drain ribs. Reserve sauce. Pat ribs dry on towel.

Place salad oil in heavy skillet on medium heat. When hot, add ribs and brown on each side. Add 3/4 cup marinating sauce, vinegar, pineapple juice and ginger. Cover. Reduce heat to simmer. Cook 40 minutes. Combine cornstarch and ¼ cup water. Add to ribs. Cook until sauce in pan is thickened and clear. Add pineapple chunks. Reheat to serving temperature.

Yield - 6 servings.

GLAZED MEATBALLS

20 oz. tin pineapple tidbits
1½ tbsp. cornstarch
¼ cup brown sugar
1/8 tsp. salt
2 tbsp. water
¼ cup vinegar
2 tsp. soy sauce
1/8 tsp. Worchestershire sauce

1 lb. ground beef) This may be all ground
¼ lb. ground pork) beef.
¼ lb. ground veal)
½ tsp. salt
1/8 tsp. pepper
3 tbsp. bread crumbs
1 egg
2 tbsp. water
2 tbsp. salad oil

Drain pineapple, reserve syrup, combine cornstarch, sugar, salt. Stir in pineapple juice, 2 tbsp. water, vinegar, soy sauce, Worchestershire sauce. Cook until thickened.

Mix meat, salt, pepper, bread crumbs, beaten eggs, 2 tbsp. water. Form into 1½" balls. Heat oil and brown meatballs. Drain off fat, add thickened sauce and pineapple tidbits. Cook 10 minutes.

If desired, add sauted green peppers, sprinkle with minced parsley.

SWEET AND SOUR MEATBALLS

1 egg
1 tbsp. flour
2 tbsp. milk or water
salt & pepper

Mix batter well.

1½ lb. ground round or chuck steak.
salt and pepper

Roll meat into balls. Dip into batter mixture, put on paper towels. Saute meat balls in frying pan - 4 to 5 mins.

Drain meat, saute green pepper and add:

1 tin chicken noodle soup
1 small sized tin pineapple tidbits

Thickening:

2 tbsp. cornstarch
1 tbsp. soy sauce
¼ cup sugar
½ cup water
2 tbsp. vinegar

Pour sauce over the meat, soup, pineapples, green pepper mixture.

SWEET & SOUR

2½ lbs. pork spareribs
2 cups water
4 tbsp. soya sauce
4 tbsp. brown sugar
4 tbsp. vinegar
2 tbsp. cornstarch
½ cup water

Cut ribs in small pieces, combine with 2 cups water and soy sauce and simmer until tender. Drain and save liquid. Brown ribs in hot fat in skillet.

Mix sugar, vinegar, cornstarch and water and add to liquid from ribs and cook until thickened. Pour over ribs and cook for several minutes.

If desired add pineapple cubes or chopped pickles.

TOMATO BEEF

1½ - 2 lbs. beef soaked in ½ cup soya sauce
4 small peppers
3 large tomatoes or (28 oz. tin tomato - ½ or more)

Cook pepper, add 1 tsp. ginger and meat and cook for couple of minutes. Add tomatoes and thicken with cornstarch.

BARBECUED SPARE RIBS

3 lbs. spare ribs
¼ cup catsup
¼ cup barbecue sauce
4 tbsp. whisky
4 tbsp. soya sauce
1 clove garlic
1 tsp. sugar (white or brown)
3/4 tsp. accent

Brush spare ribs with sauce and let stand overnight. In morning brush on sauce and let set for a few hours. Baste with sauce again before baking in 350 degree oven. Baste occasionally while ribs are cooking.

DESSERTS

YAKI MANJU

¼ lb. butter
1¼ cup sugar
4 eggs (take out 1 yolk for glaze)
1 tsp. vanilla
yellow food colour

Sift together:

3½ cups flour
2 tsp. baking powder
pinch salt

Glaze

1 egg yolk
cream (same volume as yolk)

Cream butter and add sugar. Add eggs one at a time, add vanilla and yellow food colour. Add flour to butter mixture and knead thoroughly until smooth. Roll anko into small balls. Wrap with manju dough and shape. Brush top lightly with glaze and dot with bird seeds.

* Bake approximately 9 minutes at 375 degrees on middle rack, move to top rack and broil until a golden brown colour results on top. Watch very carefully.

While still warm pack into tins so manju will be soft. They may be covered with damp tea cloth to soften further.

FANCY TORAMAKI

2 cups flour
1½ cups sugar
4 eggs
1 tsp. baking powder

Mix 4 eggs and 1 cup sugar. Then mix baking powder and 3/4 cups water.

Mix flour and ½ cup sugar and add to first mixture. Drop a paste by spoonfuls into an ungreased pan or sheet (Electric frying pan 280 degrees).

Put in anko and make into various shapes.

ANKO (azuki or lima beans)

1 lb. beans
2 cups sugar
1 tsp. salt

Cook beans in water and bring to a boil, and boil a few minutes until dark colour results. Throw out boiling water and refill with cold water. Repeat this process 2 to 3 times. Continue to cook until beans are very tender. Mash beans and put through a food strainer. Put the strained beans in a strong cotton bag and squeeze the water out. Put mixture in pot, add sugar and salt and cook over very slow heat stirring constantly until quite solid but NOT too dry.

JAPANESE SNOW PUDDING

2 envelopes unflavoured gelatine
½ cup cold water
2/3 cup sugar
2 cups boiling water
2 tsp. lemon rind (grated)
¼ cup lemon juice
3 egg whites
¼ cup light corn syrup
Garnish such as sugared violets, Loquat slices

Sprinkle gelatine over cold water, let soften 5 minutes. Combine sugar and boiling water, stir until gelatine and sugar are completely dissolved. Stir in lemon rind and juice. Chill until slightly thickened, about one hour. Beat egg whites until foamy. Gradually add syrup, beating until stiff peak forms when beater is raised. Fold in gelatine mixture. (If mixture layers, chill 5 to 10 mins. and fold again. Repeat, if necessary, until well blended). Pour into 9 inch square pan. Chill until set. Unmold and cut into oblong shapes. Garnish as desired.

AN MAKI

½ cup cake flour
½ cup sugar
3 large eggs
1 tsp. baking powder
Vanilla

Keep eggs at room temperature. Sift flour several times with baking powder. Separate eggs. Beat yolk well and add sugar. Beat white until stiff and add alternately to yolk mixture with sifted flour. Add vanilla. Line a 10" x 14" pan with waxed paper and bake at 350 degrees for approx. 8 minutes. When slightly cooled turn onto clean cloth and gradually tear off waxed paper. Spread with very soft anko and roll.

*Jam or lemon filling may also be used.

SOUP

CHAWAN MUSHI

4 small pieces kamaboko or satsumage
2 slices chicken
2 slices gobo
2 slices carrots
1 can tuna fish

4 inches konbu)
2 tbsp. katsuo) or chicken stock
½ tsp. accent)
5 cups water)

3 eggs
Greens (Spinach, parsley or celery leaves

Precook chicken, carrots and gobo. Prepare soup stock with konbu and katsuo by gently boiling 5 minutes and drain. Season with soya sauce, salt and accent and let it cool. Beat eggs, add to seasoned soup stock and mix well.

Put each one of the above ingredients into individual cups. Pour egg mixture over them, up to 3/4 cup full. Steam them in a steamer until egg sets.

EGG DROP SOUP

3 cups chicken stock
¼ cup finely minced celery
2 tbsp. paper thin green onion slices
2 tbsp. finely chopped water chestnuts
½ tsp. accent
Salt and pepper
1 tbsp. water
1 tsp. cornstarch
1 egg lightly beaten

Combine chicken stock, celery, green onions, water chestnuts and accent in a large saucepan. Heat to boiling. Taste and season lightly with salt and pepper if necessary. Combine water and cornstarch and add to the boiling mixture gradually, stirring constantly. Reduce heat and let soup cool down to simmering. Drizzle eggs over surface of soup in as fine a stream as possible. (The eggs should shape themselves into fine threads and what almost looks like tiny flowers as they hit the hot liquid). Serves 4.

MISCELLANEOUS

CORNED BEEF

8 to 10 lbs. boneless lean brisket
2 cups pickling salt
4 quarts water
1 cup sugar
1 tbsp. mustard seed
1 tbsp. whole cloves
4 sticks cinnamon
2 bay leaves
3 hot red pepper dried pods
1 tsp. ground nutmeg
1 tbsp. saltpetre
1 tsp. baking soda
2 cloves garlic, optional

Wipe meat with damp cloth. Place one cup salt in bottom of crock or large heavy casserole. Put in meat, sprinkle with remaining cup salt. Cover; refrigerate overnight.

Place water, sugar and spices in kettle; boil 15 minutes. Cool. Add saltpetre and soda to brine. Pare and mince garlic; sprinkle over meat. Pour on cooled brine. Cover, using weight to keep meat under brine. Store in cold place or refrigerator 12 to 14 days, turning meat once daily. To cook: Remove meat from brine. Wipe with damp cloth. Place in preserving kettle. Cover with cold water. Bring to boil; simmer 20 minutes. Drain off water. Again cover with cold water. Cover kettle; simmer 45 minutes a pound. Remove from brine. Cool at room temperature. Wrap in pliofilm and waxed paper. Refrigerate. Cut in paper thin slices to serve. Yield: about seven pounds cooked meat.

GEFILTE FISH

3 - 3½ lbs. fish fillets (two or three varieties)
2 large onions
½ to whole carrot
1 tbsp. oil
2 tbsp. sugar
salt and pepper
3 eggs and ½ cup water OR
4 eggs (no water) if frozen fish used

Put fillets, onions and carrot through a food chopper. To minced fish and vegetables, add eggs, salt and pepper. Mix ingredients until well blended. Shape into balls about 1½" to 2" in diameter. Place one large onion, diced carrot, 2 stalks celery, salt and pepper and one tbsp. oil in water in large pot and let water come to fairly good boil. Put fish patties into water. When water boils, reduce heat and simmer for two hours.

The fish patties may also be browned in frying pan. Pour your favourite sweet and sour sauce on top and finish baking in moderate oven for approximately 30 minutes.

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MAYA CLUB
LADIES' AUXILIARY
MANITOBA BUDDHIST
ASSOCIATION
WINNIPEG
MANITOBA